

SAFETY is a Frame of Mind:



ARMY STRONG.



U.S. ARMY COMBAT READINESS/SAFETY CENTER

ARMY SAFE
IS ARMY STRONG

Each year from FY09-FY13, the Army lost an average of 123 Soldiers in off-duty accidents.

Projections indicate by the end of FY14, we will lose another company from our formations.



OFF-DUTY FATALITIES

Click on the picture below to begin playing the video.



TRAINING DISCIPLINE STANDARDS



I'm a Soldier 24/7

Apply them off duty, as well as on duty.

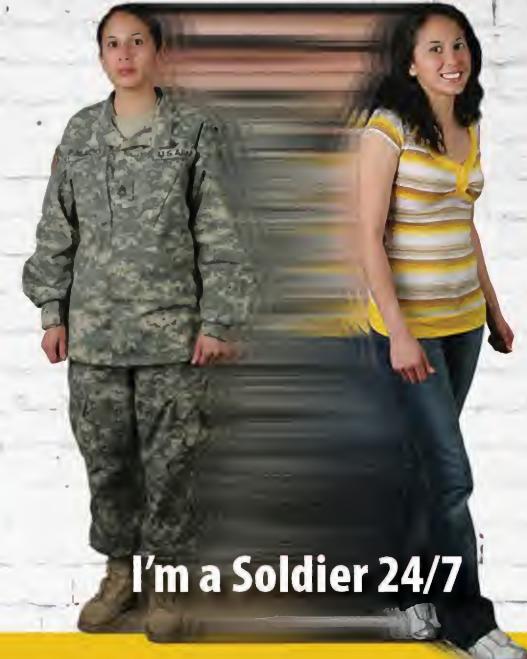
WARRIOR ETHOS

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.



I'm a Soldier 24/7

ALCOHOL

- There have been nearly 300 off-duty cases where alcohol was a contributing factor to the accident.
- Alcohol consumption:
IMPAIRED JUDGMENT
+POOR VISION
+DELAYED/SLOW REACTION TIME
=MISHAP/ACCIDENT



WATER-RELATED VIDEO

Click on the picture below to begin playing the video.



WATER-RELATED ACTIVITIES

The Army lost 37 Soldiers – 46% were Leaders (SGT and above).

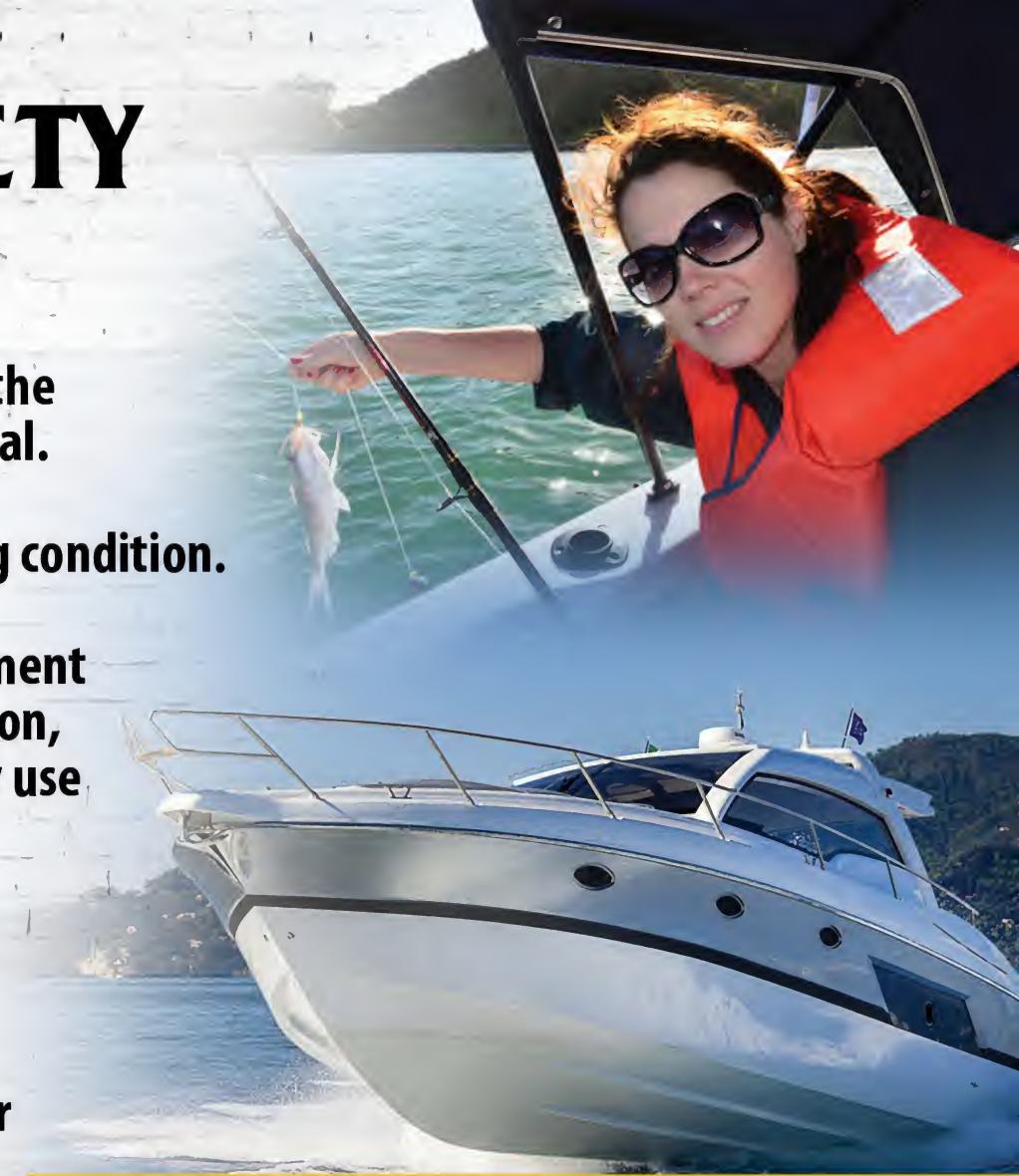
According to the United States Coast Guard (USCG), 70% of all fatal boating accident victims drowned, and of those, 84% were not wearing a life jacket.



BOATING SAFETY

Operator's Responsibilities

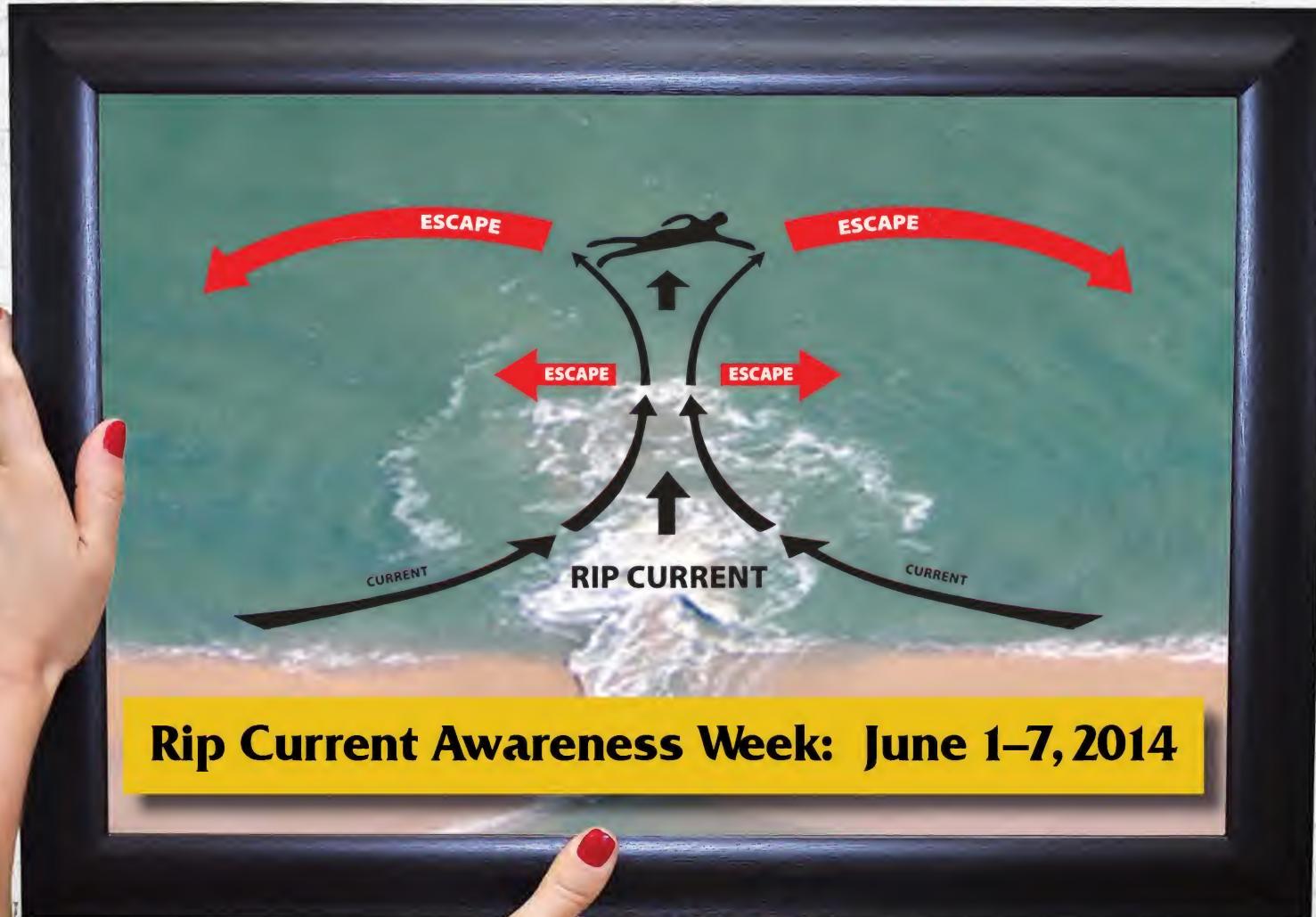
- Don't drink and boat; Boating Under the Influence (BUI) is dangerous and illegal.
- Make sure the boat is in top operating condition.
- Keep legally-mandated safety equipment on board, maintained in good condition, and ensure you know how to properly use these devices.
- Maintain a safe speed at all times to avoid a collision.
- Keep an eye out for changing weather conditions and act accordingly.
- Know and obey federal and state regulations and waterway markers.



National Boating Safety Week:
May 17 – 23, 2014

RIP CURRENTS

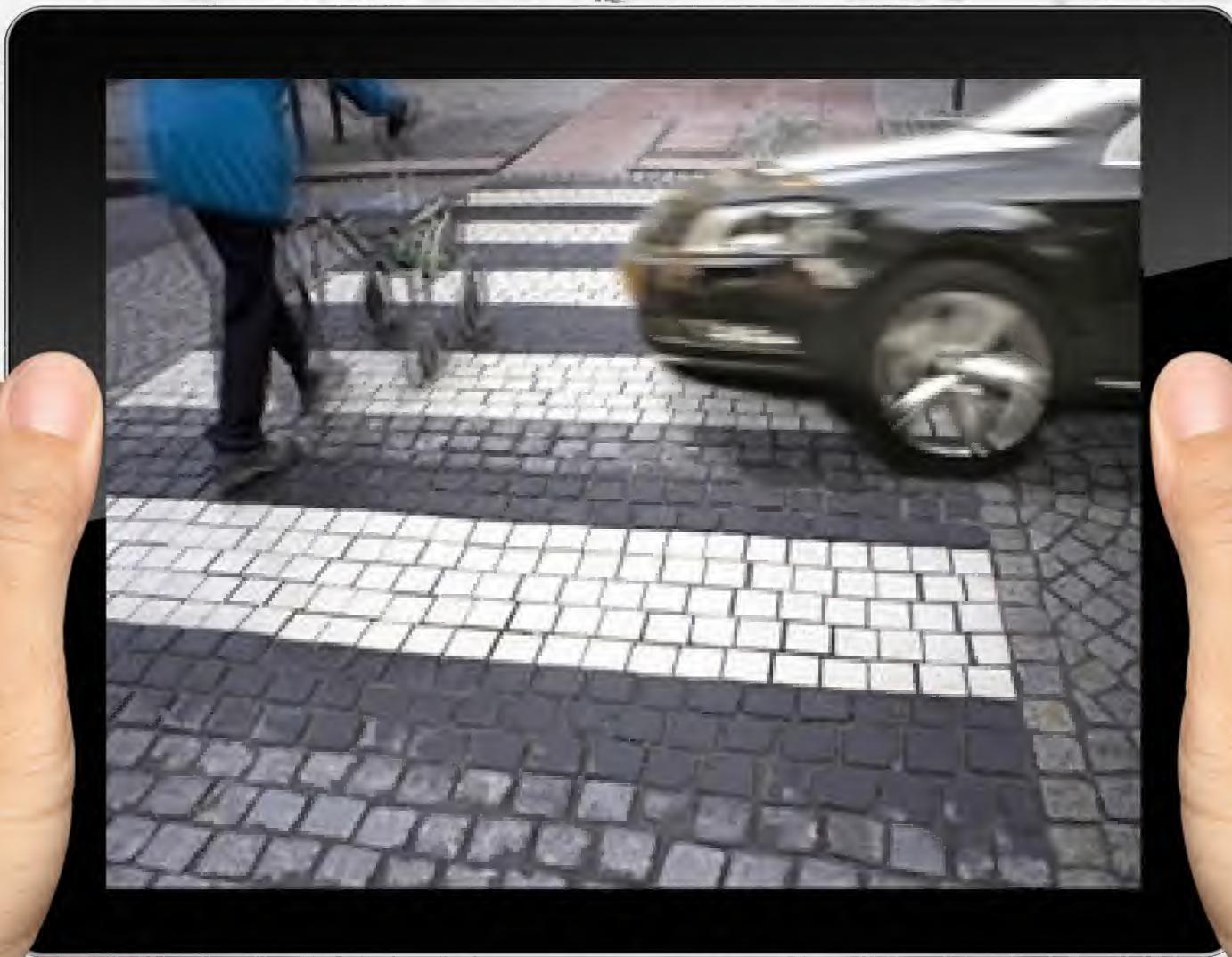
Break The Grip of The Rip!



Rip Current Awareness Week: June 1-7, 2014

PEDESTRIAN VIDEO

Click on the picture below to begin playing the video.



PEDESTRIAN ACCIDENTS

- 33 Soldiers lost their lives in off-duty pedestrian accidents.
– 75% occurred at night
- Three Soldiers lost their lives while being “Good Samaritans” alongside a roadway.
- Three soldiers lost their lives after being struck by trains.



PRIVATELY OWNED WEAPONS (POWs) VIDEO

Click on the picture below to begin playing the video.

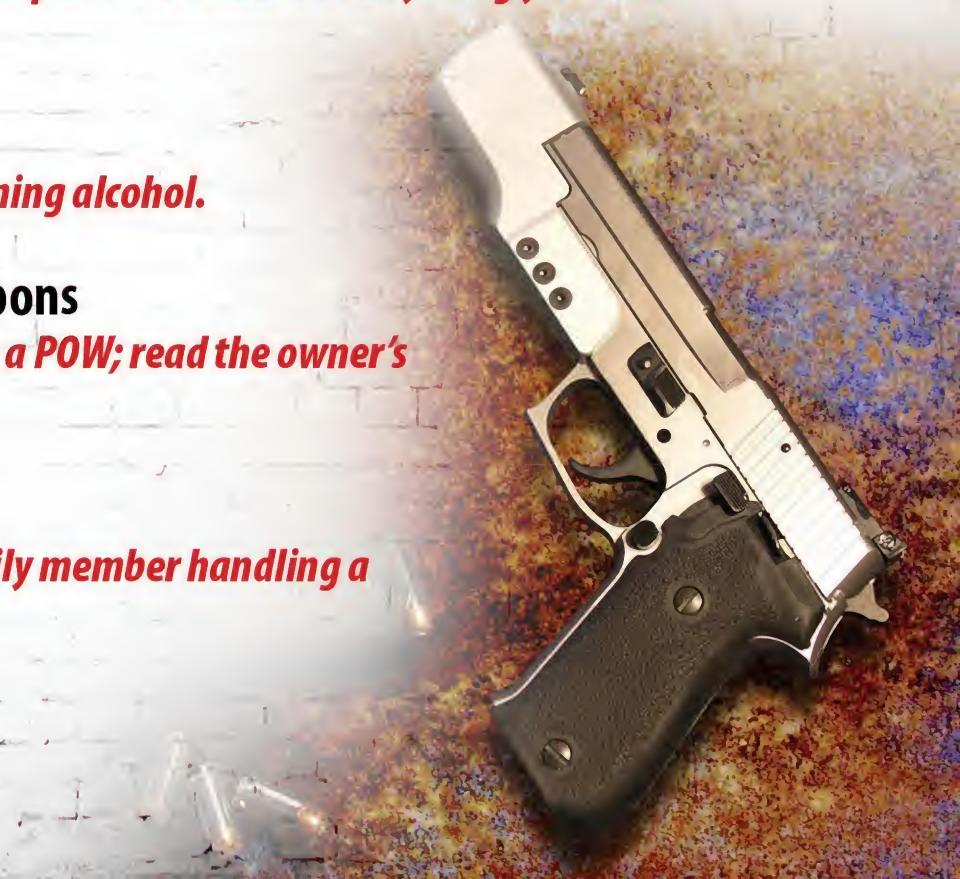


UNINTENDED DISCHARGES

(Negligent Discharges)

Trends & Prevention Measures

- Soldiers intentionally pointing “unloaded” weapons at themselves or others
 - *Treat every weapon as if it is loaded and NEVER point the muzzle at anything you don’t intend to shoot.*
- Alcohol a factor
 - *Do not handle weapons while or after consuming alcohol.*
- Complacency with privately owned weapons
 - *Make sure you know how to properly operate a POW; read the owner’s manual and take a class.*
- Someone else was present
 - *Intervene when you see a peer, friend or family member handling a weapon inappropriately.*



THINK About it...

Treat every weapon as if it is loaded.

Handle every weapon with care.

Identify the target before you fire.

Never point the muzzle at anything you don't intend to shoot.

Keep the weapon on safe and your finger off the trigger until you intend to fire.



SPORTS-RELATED VIDEO

Click on the picture below to begin playing the video.



SPORTS-RELATED ACTIVITIES

Extreme sports can be exhilarating but deadly.



HOME SAFETY VIDEO

Click on the picture below to begin playing the video.



HOME SAFETY



HAZARDS IN/AROUND THE HOME

Top 5 Hazards

1 Falls

2 Poisoning

3 Fire/Burns

4 Choking &
Suffocation

5 Drowning



TOP 5 “HIDDEN” HOME HAZARDS

1 Magnets

2 Recalled
Products

3 Tip-Over

4 Windows &
Coverings

5 Pool & Spa
Drains



GRILLING SAFETY

U.S. fire departments respond to an average of over 8,600 fires involving grills each year.

Safety Tips:

- Use grills outside only, away from siding, deck rails and overhanging branches.
- Periodically remove grease buildup.
- Never add charcoal starter fluid to fire.
- Never use gasoline or any flammable liquids other than starter fluid.
- Check the gas cylinder hose for leaks.



FIRE SAFETY

Residential structure fires in the US accounted for 2,405 deaths and 13,175 injuries in 2012.

Across the US:

- Leading cause of home fires - Cooking
- Leading cause of cooking fires - Unattended cooking
- More than half (55%) of reported non-fatal home cooking fire injuries occurred when the victims tried to fight the fire themselves.

In Case of Fire: Have an escape plan – Practice

SMOKE ALARMS

A properly installed and maintained smoke alarm is the only thing in your home that can alert you and your family to a fire 24 hours a day, seven days a week.



FIRE PREVENTION

- Never smoke in bed.
- Avoid grease build-up in kitchen.
- Use space heaters properly.
- Inspect wires and never overload circuits or extension cords.
- Use extreme caution when using candles.
- Keep and know how to use a fire extinguisher.



CARBON MONOXIDE

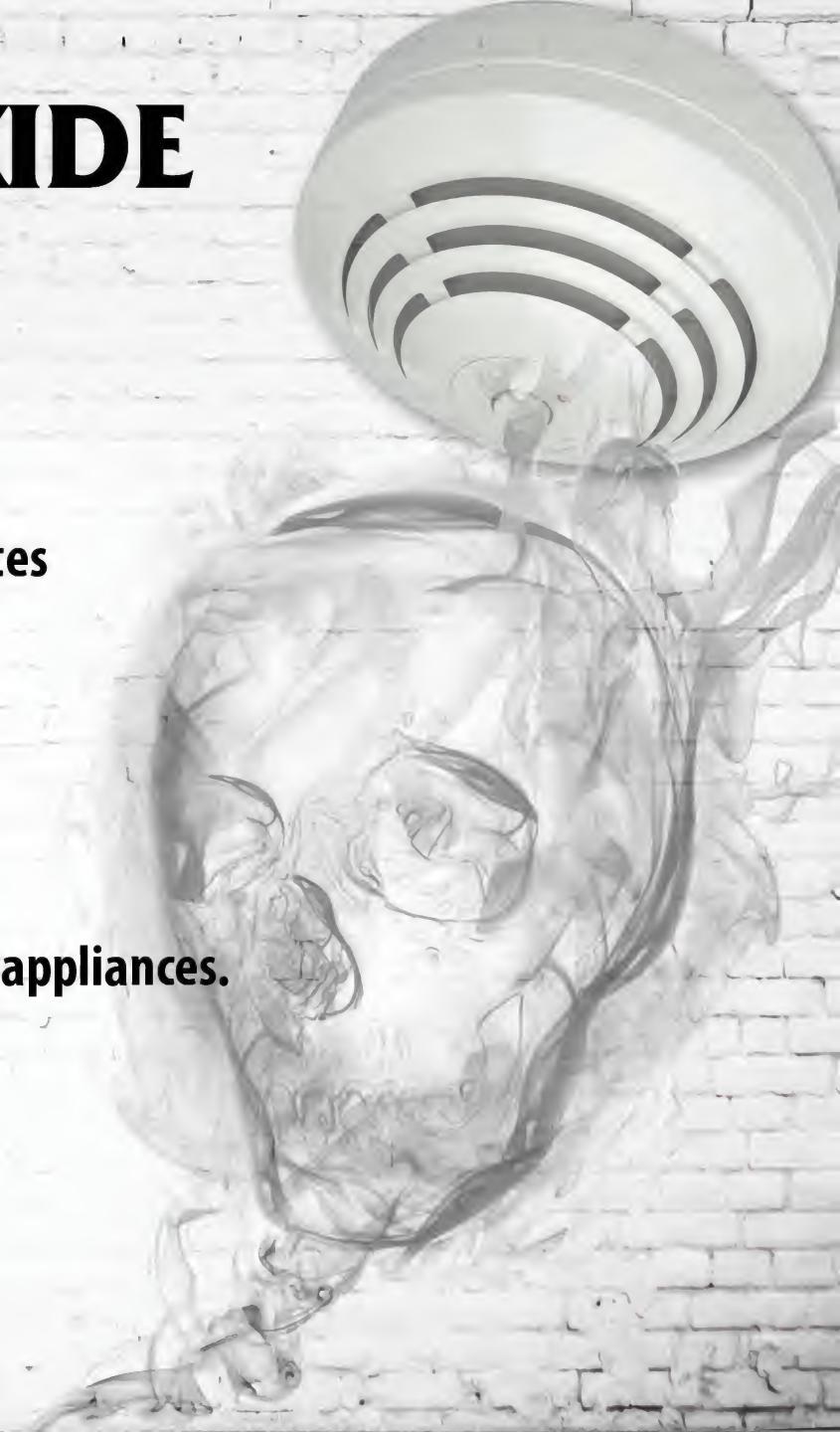
The Quiet Killer

What is it?

- Colorless/odorless gas
- Extremely poisonous and can kill within minutes
- Caused by poorly maintained:
 - *Heating systems*
 - *Gas stoves*
 - *Gas-powered generators*

Controls:

- **DO** maintain heating system and fuel burning appliances.
- **DO** install a carbon monoxide (CO) detector.
- **DON'T** use a portable generator indoors.
- **DON'T** run your vehicle inside the garage.
- **DON'T** heat your house with a gas oven.



PRIVATE MOTOR VEHICLES (PMVs)



ARMY DRIVING MYTHS

- Alcohol is the number one cause of fatal PMV-4 (Auto/Sedan, SUV, Truck, or Van) accidents.
- The “other guy” is the primary cause of accidents involving motorcycles.
- Texting or talking on a phone and driving is just multitasking. Doing both at the same time is easy...not distracting.
- A motorcycle helmet will not save me in a bad accident.



FY-13 FATAL DRIVING ACCIDENT TRENDS



PMV-4

Auto/Sedan, SUV, Truck, or Van

- 61% are Junior Enlisted (E1-E4)

PMV-2

Motorcycle (Street bike)

- 59% are Leaders (E5-05)



Recreational Vehicle

ATV, Dirt bike, or Snowmobile

- 80% are Junior Enlisted (E1-E4)

INDISCIPLINE

- Excessive Speed
- No Seat Belt
- Alcohol

- Excessive Speed
- No License/Training
- No/Improper PPE

- Excessive Speed
- Alcohol
- No/Improper PPE

SPEEDING

- Speeding contributed to 29% of the fatal PMV-4 accidents in FY13.
- Speeding contributed to 32% of the fatal PMV-2 accidents in FY13.
- 23 Soldiers are dead because of speeding.
- Speeding is indisciplined behavior.



HOW DO YOU DEFINE YOURSELF?

- **UNDISCIPLINED** – Untrained Soldier who has not received counseling or mentorship – is not directly involved with leadership.
- **DISCIPLINED** – Fully trained, counseled and mentored Soldier – is directly involved with leadership.
- **INDISCIPLINED** – Fully trained, counseled and mentored Soldier – is directly involved with leadership BUT operates vehicle in an unsafe manner and disregards requirements, often resulting in mishaps or fatalities.



MOTORCYCLE VIDEO

Click on the picture below to begin playing the video.



MOTORCYCLES



PROPER PROTECTIVE EQUIPMENT

What's required?

- 1** Helmets, certified to meet DOT Standards
- 2** Impact or shatter resistant goggles, wraparound glasses, or full face shield
- 3** Sturdy footwear, leather boots or over-the-ankle shoes
- 4** A long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle

Riders are encouraged to select PPE that incorporates fluorescent colors and retro-reflective material.

PPE It's worth every dime, every time!



What can happen if you don't have the right gear?

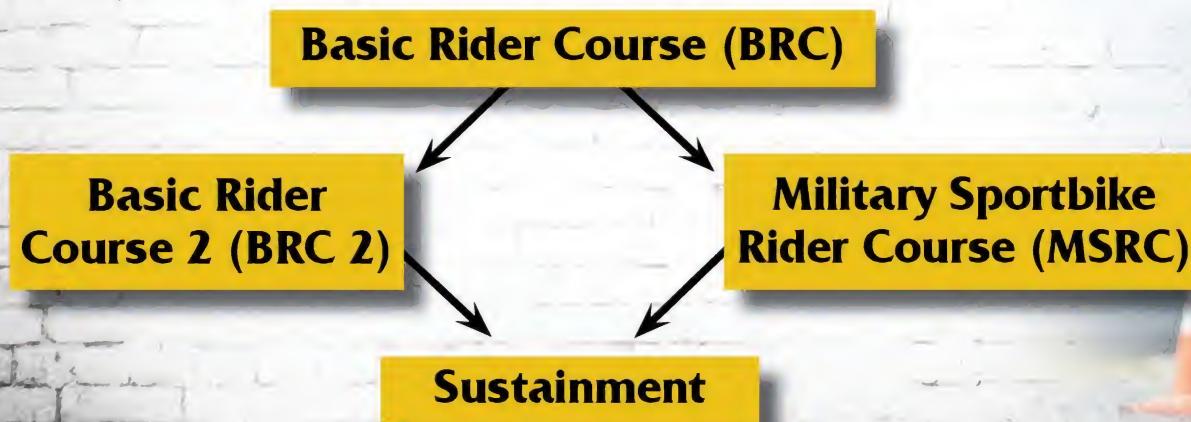


If you are Lucky!

MOTORCYCLE TRAINING

Progressive Motorcycle Program (PMP):

- Basic Rider Course (BRC)
- Basic Rider Course 2 (BRC 2)
- Military Sportbike Rider Course (MSRC)
- Motorcycle Refresher Training (MRT) for Soldiers deployed for more than 180 days*
- Sustainment Training



**Motorcycle Refresher Training (MRT) as required*



RIDING TIP

SEEing is the Best way to Avoid Dangerous Situations

S-SEARCH

around you for potential hazards.

E-EVALUATE

any possible hazards
such as turning cars.

E-EXECUTE

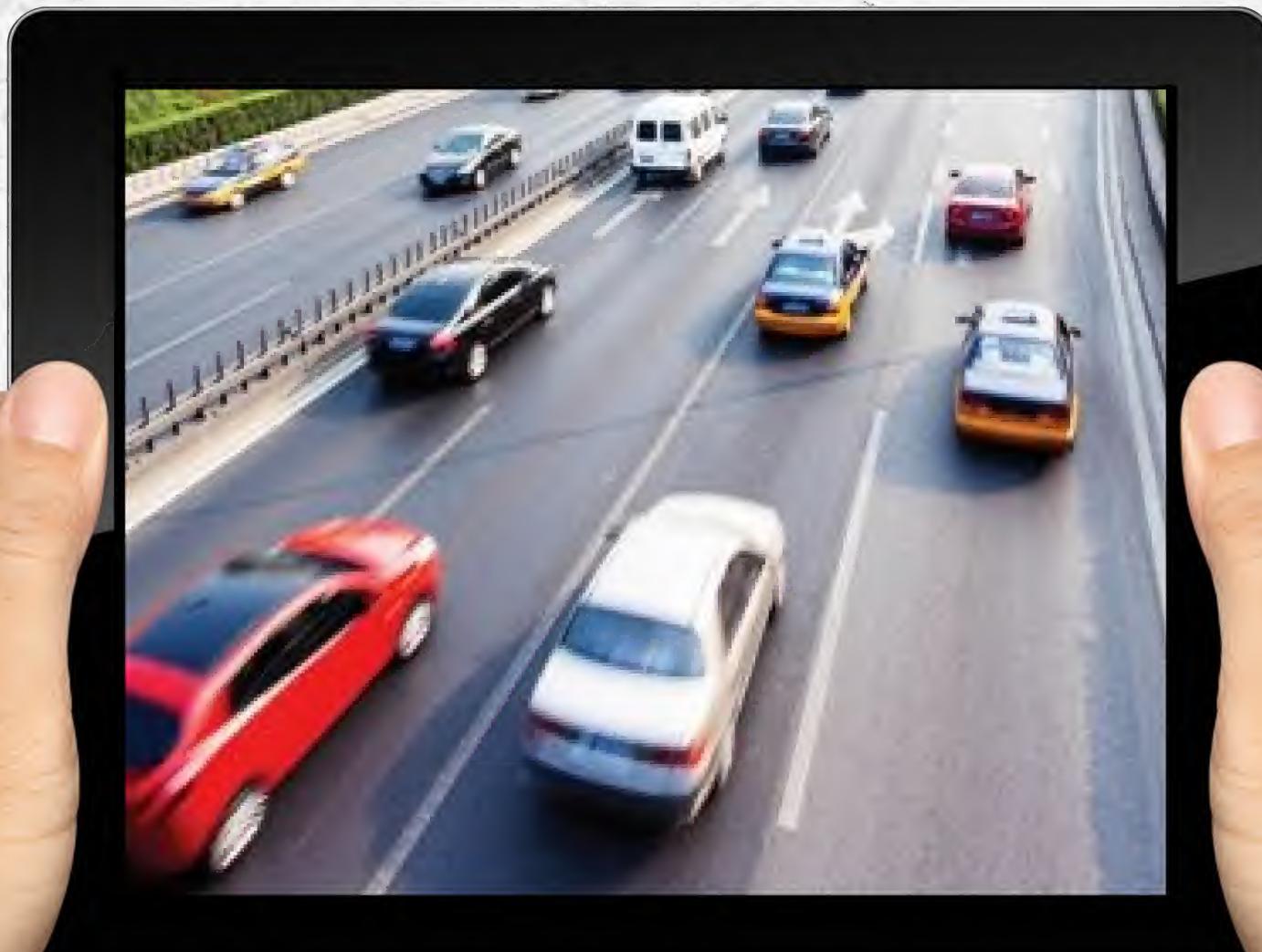
the proper action to
avoid the hazard.

Good evaluation can prevent
emergency execution.



PRIVATE MOTOR VEHICLE - 4 (PMV-4) VIDEO

Click on the picture below to begin playing the video.



AUTOS/SEDANS, SUVS, TRUCKS AND VANS

- Seat belts will be worn by all Soldiers driving or riding in an automobile whether on or off the installation.
- In FY13, 11 Soldiers died when involved in an accident where they were NOT wearing seat belts.



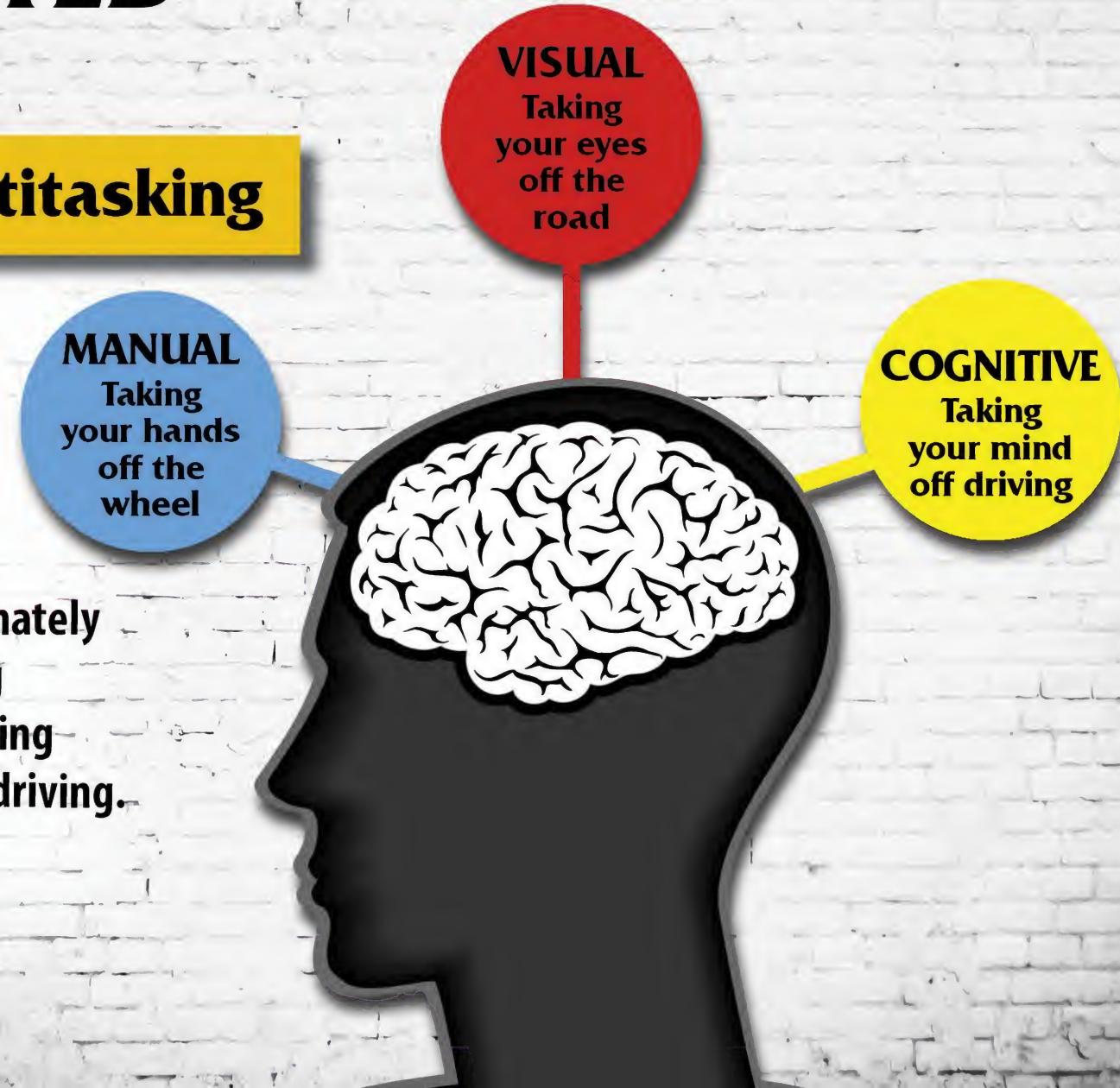
Indisciplined decisions
cost them their lives!

DISTRACTED DRIVING

Driving = Multitasking

"DISTRACTED DRIVING KILLS."

At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving.



DRIVING FATIGUED

There are several warning signs of fatigue; however, individuals often don't understand them or worse yet, choose to ignore them.

Who is Most at Risk?

- Sleep-deprived
- Driving long distances after working a full shift
- Driving through the night, the early afternoon, or at other times when normally asleep
- Drinking alcohol or taking medication that increases drowsiness
- Driving alone for long distances without rest breaks or much change in scenery

Warning Signs!

- Can't remember the last few miles driven
- Drifting from lane or hitting a rumble strip
- Yawning repeatedly
- Difficulty focusing or keeping eyes open
- Tailgating or missing traffic signs
- Trouble keeping head up



ATV/ROV SAFETY TIPS

- ATVs are not toys; get training.
- Remember ATGATT: "All The Gear, All The Time."
- Never ride alone and always tell someone where you are going and when you will return.
- Always supervise young operators.
- Never carry extra riders.
- Read the owner's manual carefully.
- Be careful when operating ATVs and ROVs with added attachments; these affect the stability, braking and operation of the vehicle.
- Never operate ATVs or ROVs on streets, highways or paved roads, except to cross at safe, designated areas.
- Always make sure the ATV or ROV is in good condition; check the vehicle IAW the owner's manual.
- Check locals laws.



GETTING THE PICTURE

Click on the picture below to begin playing the video.



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